

# Maryland State Advisory Council on Physical Fitness

## *Member Handbook*



201 West Preston Street  
Baltimore, MD 21201

<http://phpa.dhmf.maryland.gov/cdp/SitePages/cpf.aspx>



# Maryland State Advisory Council on Physical Fitness

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Handbook updated November 2013

201 West Preston Street  
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## **Executive Order and Resolution**

The duties of the State Advisory Council are stipulated as follows in Health - General Article, §§ 13-401 through 13-412, Annotated Code of Maryland:

### ***Statement of purpose - To protect and improve physical fitness, including:***

- Improvement in habits in recreation, exercise, sports and the use of leisure time;
- Protection and improvement of physique and health;
- Improvement of instruction for any of these purposes.

### ***Membership***

- 25 members appointed by the Governor with the advice of the Secretary;
- Each member shall be an individual who has experience or interest in physical fitness for both children and adults;
- Term of a member is 4 years;
- At the end of a term, a member continues to serve until a successor is appointed and qualifies;
- A member who is appointed after a term has begun serves only for the rest of the term and until a successor is appointed and qualifies;
- From among the members and with the advice of the Secretary, the Governor shall appoint a Chairperson for the rest of the member's term;
- 12 members of the Council are a quorum;
- The Council shall meet: regularly at the times and places that it determines at the call of the Governor, Secretary or Chairperson;
- The Secretary shall designate the staff necessary to carry out this subtitle.

### ***Duties***

- The Department may adopt rules and regulations that are necessary and proper to govern the procedures and business of the Council
- Before the Department adopts a rule or regulation, the Department shall consult with the Council;
- The Council shall maintain liaison with the State Department of Education, county boards of education, private and parochial schools, county commissions and physical fitness agencies in other states and in the federal government;



- The Council shall consult with and advise county advisory council on their physical fitness programs;
- Give out information on physical fitness programs in this state by publication, advertisement, conferences, workshops, programs, lectures and other means;
- Collect an assemble pertinent information that is available from other agencies of this State; and generally promote physical fitness in this State.

### ***Compensation***

Members of the Council:

- May not receive compensation; but
- Are entitled to reimbursement for expenses under the Standard State Travel Regulations, as provided in the State budget.

### ***County Advisory Councils***

- There may be an advisory council for physical fitness for each county and Baltimore City;
- The county and Baltimore City advisory councils shall consult with the State Advisory Council on Physical Fitness.

### ***Gifts, Grants or Aid***

- If the federal government, any of its agencies or officers, or any other person offers to the State or to any county any services, equipment, supplies, materials, or funds by way of gift or grant for purposes of physical fitness, the State may accept the offer and authorize any officer of the State or of a county.



## **Fitness Council Members**

Yusef Battle

Jason Bosley-Smith

Ron Bowman

Charles Chester, Esq, Chairperson

Catherine Eliot

James Dorf, Vice Chairperson

Lillian Greene-Chamberlain, PhD

Rhonda Hearn, MD

Larry Hughes

Surina Ann Jordan, PhD

Michael Mason

Lee Meizlesh

John Michie

Douglas Miller

Paul Rabil

Beatrice Rice

Monte Sanders

Michael Shaw

Andy Vineberg

## **Fitness Council Staff**

The Department's Center for Chronic Disease Prevention and Control provides staff support to the Fitness Council. Erin Penniston, MSW is the current staff person. The staff person's contact information is (410) 767-6783 or [erin.penniston@maryland.gov](mailto:erin.penniston@maryland.gov)



## **Mission**

**The mission of the Maryland State Advisory Council on Physical Fitness is to educate, advise, and encourage the citizens of Maryland to gain health benefits and enhance the quality of their lives through regular physical activity.**

## **Goals**

The Fitness Council acts in an advisory capacity to the Department of Health and Mental Hygiene and works collaboratively with a broad range of agencies and organizations to accomplish the following goals:

Collect and assemble physical activity-related information;

Disseminate information among Maryland citizens to promote regular physical activity;

Maintain liaisons with state and local agencies (e.g., education, planning and transportation) to improve opportunities for regular physical activity among all Maryland citizens.

In addition, the Maryland Council on Physical Fitness may also:

Educate the citizens of Maryland about the value of regular exercise in maintaining and improving physical fitness and overall health.

Enlist the support of individual citizens, civic groups, professional sports, volunteer organizations, public agencies and others to improve the physical fitness of all citizens.

Sponsor physical activity workshops, displays, clinics, and conferences for physical educators, health professionals, recreation personnel, civic and business leaders and others.

Disseminate information on physical fitness and health by various means.

Recognizes outstanding developments, contributions, and achievements in physical activity in cooperation with the Secretary of Health and the Governor.

Coordinate and strengthen State services and programs relating to physical activity, recreation and sports by making recommendations on the subject of physical fitness and sports to appropriate state officials.

Advise the State legislature, local government and other agencies on the status, problems, and progress of physical activity programs in Maryland.

Supplement and complement activities of the President's Council on Physical Fitness and Sports and Maryland County Fitness Coalitions.

Assist the Maryland State Department of Education in developing quality school health and physical education programs.

Encourage local governments in efforts to enhance physical activity opportunities by the creation of local county fitness Coalitions.

Coordinate and supports fitness and sport activities for Maryland senior citizens.

Publicize the benefits of physical activity to further the State of Maryland's goals to promote healthy people in healthy communities.



## Membership Guidelines

*Members of the Maryland State Advisory Council on Physical Fitness will:*

1. Attend at least 50% of Fitness Council meetings each calendar year.
2. Become an active participant of one committee (Awareness & Education, Legislation, Special Events).
3. Represent the Fitness Council when testifying, providing written testimony, or speaking to the public *only* when asked to do so by the Chairperson or DHMH.
4. Reply promptly to any e-mail messages labeled "REPLY NEEDED" (e.g. reviewing the meeting summary).
5. Submit written requests for agenda items to the Chairperson three weeks prior to the scheduled meeting.
6. Handouts require Chairperson's approval one week prior to the scheduled meeting.
7. At the beginning of each meeting: sign in, retrieve name card and handouts, and sit at the main table. Guests are invited to sit in the auxiliary seating areas.
8. When fewer than 12 members (a quorum) are in attendance at a meeting, members present will vote. Members who are absent will vote on the recommended action through e-mail and/or phone. No reply will be considered acceptance of the action.
9. One member/guest will be asked to speak at a time and must stay focused on the topic. Members/guests will listen to those who are speaking.
10. Issues that arise during the meeting that are off-topic will be placed in a "bike rack" for discussion at a later time.

## Committee Information

The Council consists of 3 Committees. All Council members are expected to be a member of at least 1 committee.

- Awareness and Education—Andy Vineberg, Chairperson  
Purpose: To disseminate information that encourages and supports regular physical activity among Maryland residents.
- Legislation—Charles Chester, Chairperson  
Purpose: To identify and take action regarding physical activity related legislation
- Special Events—Ron Bowman, Chairperson  
Purpose: To maintain liaisons with statewide partners in support of physical activity related events.



## Definitions

**Physical activity** is any bodily movement produced by skeletal muscles that results in an expenditure of energy.

**Physical fitness** is a measure of a person's ability to perform physical activities that require endurance, strength, or flexibility and is determined by a combination of regular activity and genetically inherited ability.

**Exercise** is physical activity that is planned or structured. It involves repetitive bodily movement done to improve or maintain one or more of the following components of physical fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition.



## Maryland State Advisory Council on Physical Fitness

Department of Health and Mental Hygiene

[http://phpa.dhmh.maryland.gov/cdp/SitePages/cpf\\_how.aspx](http://phpa.dhmh.maryland.gov/cdp/SitePages/cpf_how.aspx)

### Youth Physical Activity Recommendations

The Maryland State Advisory Council on Physical Fitness recommends that all youths from **infancy through age 17**, regardless of ability, engage in daily physical activity. The benefits of regular physical activity for youths include:

- Healthier bones and muscles
- Improved endurance, strength, flexibility and body composition (increased muscle and decreased fat)
- Decreased risk factor development for numerous chronic conditions including heart disease, high blood pressure and diabetes
- Improved mood and feelings of well-being; reduced symptoms of anxiety and depression
- Possible enhanced cognitive function

The Council believes that all youths should not have extended periods of inactivity, but that they should engage in daily physical activity that is appropriate for their age group:

- **Infants** should be provided with opportunities for physical activity that involve the safe exploration of their environment and that promote the development of motor skills.
- **Toddlers** should accumulate at least 30 minutes and **preschoolers** should accumulate at least 60 minutes of daily, *structured* physical activity that enhance movement skills.
- **Toddlers and preschoolers** should engage in at least 60 minutes and up to several hours of daily, *unstructured* physical activity in safe environments and should not be sedentary for more than 60 minutes at a time except when sleeping.
- **Elementary school-aged children** should accumulate at least 30 to 60 minutes of age and developmentally-appropriate physical activity chosen from a variety of activities each day.
- **Elementary school-aged children** are encouraged to accumulate more than 60 minutes, and up to several hours of age and developmentally-appropriate physical activity each day.
- Some of the **elementary school-aged child's** daily physical activity should be in periods lasting 10 to 15 minutes or more and include moderate to vigorous activity with brief periods of rest and recovery.
- **Middle and high school-aged children** should be physically active every day as part of play, games, sports, work, transportation, recreation, physical education, or planned activity in the context of family, school and community activities.
- **Middle and high school-aged children** need three or more sessions a week of moderate to vigorous physical activity that lasts 20 minutes or more in addition to accumulating the 30 minutes of daily, moderate lifestyle physical activity (e.g., brisk walking) recommended for people of all ages. Daily moderate to vigorous physical activity of longer duration, within limits, can result in additional health gains. Skills that develop flexibility, muscular strength and endurance should be included in a well-rounded activity program.



## Maryland State Advisory Council on Physical Fitness

Department of Health and Mental Hygiene

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### Adult Physical Activity Recommendations

The Maryland State Advisory Council on Physical Fitness recommends that all adults **age 18-49**, regardless of ability, participate in daily, moderate physical activity. According to the Centers for Disease Control and Prevention, the benefits of moderate activity include:

- Decreased risk of dying from coronary heart disease and of developing high blood pressure, diabetes and colon cancer
- Decrease in blood pressure in some people with hypertension
- Healthier bones, muscles and joints
- Reduced symptoms of anxiety and depression and improvements in mood and feelings of well-being

The Council recommends that all adults age 18 – 49 set a long-term goal to accumulate at least 30 minutes or more of moderate physical activity every day of the week. It should be noted that shorter bouts of moderate activity (at least 10 minutes) also have similar health benefits if the accumulated duration is at least 30 minutes per day. The following are examples of moderate physical activity:

- Walking briskly
- Walking downstairs
- Dancing
- Biking
- Swimming
- Gardening and active housework (e.g. washing floors or windows)

People who currently meet these recommended minimal standards may derive additional health and fitness benefits from becoming physically active for longer periods of time, or including more vigorous activity. For a complete fitness program, all adults should also include resistance training of all the muscle groups, 2 –3 days per week to enhance muscular strength and endurance. In addition, it is recommended that stretching exercises be performed a minimum of 2 - 3 days per week to maintain, or improve flexibility. Balance and coordination can be maintained and/or improved by performing daily activities that challenge those systems.



## Maryland State Advisory Council on Physical Fitness

Department of Health and Mental Hygiene

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### Older Adult Physical Activity Recommendations

The Maryland State Advisory Council on Physical Fitness recommends that all adults **age 50 and older**, regardless of ability, participate in moderate physical activity every day. The benefits of moderate physical activity for midlife and older persons include:

- Decreased risk and severity of chronic conditions such as cardiovascular disease, high blood pressure, diabetes and certain forms of cancer
- Lowered blood pressure and cholesterol levels in some people
- Improved body composition (increased muscle and decreased fat)
- Healthier bones, joints and muscles
- Improved mood and feelings of well-being; reduced symptoms of anxiety and depression
- Enhanced overall physical functional that extend years of active independent life
- Greater attention span and cognition
- Reduced risk of falls

The Council recommends that all adults age 50 and older set a long-term goal to accumulate at least 30 minutes or more of moderate physical activity every day of the week. Previously sedentary older adults should start with short intervals of moderate physical activity (5–10 minutes) and gradually build up to 30 minutes or more of activity. Moderate endurance-related activities include:

- Walking briskly (e.g. parking farther away from your destination, mall walking, using stairs)
- Dancing (e.g. ballroom, cha cha, swing)
- Biking (e.g. biking the trails in your local county or state parks)
- Swimming (e.g. using pools at the YMCA, local college, fitness and/or community center)
- Gardening and active housework (e.g. washing floors or windows)

People who currently meet these recommended minimal standards may derive additional health and fitness benefits from becoming physically active for longer periods of time, or including more vigorous activity. For a complete fitness program, all older adults should also include resistance training of the major muscle groups, 2–3 days per week to enhance muscular strength and endurance and improve the ability to perform the routine tasks of daily life. Older adults should complete 2–3 sets of 8–12 repetitions of each resistance training exercise. In addition, stretching exercises should be performed a minimum of 2 days per week to maintain, or improve flexibility. Balance and coordination can be maintained and/or improved by performing daily activities that challenge those systems.



## History

The Maryland State Advisory Council on Physical Fitness was established by State mandate in July 1961 and is the oldest State Council on Fitness in the United States. The Council is staffed by an employee of the State Department of Health and Mental Hygiene and composed of a multidisciplinary, volunteer group of 25 Maryland residents, appointed by the Governor, who represent the State.

The Council provides leadership by encouraging changes in behavior at the grassroots level, where changes must take place to endure. By recognizing and being sensitive to the broad and varied capabilities of the individual, the Council promotes physical fitness as a lifelong principle in action for all Maryland residents. The high activity level of the group in its development and coordination of many outstanding programs serves as a standard for achievement in implementing preventive measures in health care.

In 2006 the Maryland State Advisory Council on Physical Fitness became an official 50th anniversary partner of the President's Council on Physical Fitness and Sports. Council member Lillian Greene-Chamberlain was an appointed member of the President's Council.



## **Annual Reports**

Annual reports for the Maryland State Advisory Council on Physical Fitness are created in conjunction with the Council's chairperson, staff, and members. Annual reports dating back to 1979 are available by contacting the Council staff person.

The Annual Report consists of current members, projects and goals from the past year or fiscal year, and copies of minutes from all open meetings.

**State Advisory Council on Physical Fitness**

**2011 ANNUAL REPORT**



**Martin O'Malley**  
Governor

**Anthony G. Brown**  
Lieutenant Governor

**Charles Chester**  
Vice Chairperson



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## **Accomplishments**

The Maryland State Advisory Council on Physical Fitness began as the State Commission on Physical Fitness in 1963 and it is the oldest Physical Fitness Council in the United States. The Council on Physical Fitness serves in an advisory capacity to the Department of Health & Mental Hygiene (the Department). Governor-appointed members are listed on page 5. Duties of the Fitness Council are provided on page 6.

The Fitness Council accomplished the following during the past two years:

- Hosted the 2009 Annual Physical Activity Excellence Awards Ceremony.
- Utilized the Speakers Bureau to discuss the benefits of daily physical activity to Marylanders throughout the state.
- Participated in the Department's Women's Health Week: Wellness Walk.

Two public meetings were held (see pages 10-15 for complete meeting summaries) or visit <http://fha.dhmd.maryland.gov/cdp/SitePages/cpf.aspx>.

## Future Directions of the Fitness Council

The Council will continue to hold public meetings. The meeting date, location and agenda are posted on <http://fha.maryland.gov/cdp/cpf.cfm> Meeting notices are submitted to the Department of Legislative Services several weeks prior to each meeting.

The Council hopes to explore new opportunities for recognizing those active in promoting physical activity in Maryland and continue to promote and encourage physical activity across the lifespan to all Maryland residents. Furthermore, the Council will be involved in efforts to promote walking, the official state exercise, throughout the state.



***State Advisory Council on Physical Fitness Membership***

Yusef Battle

Craig H. Bennett, MD

Jennifer A. Bistrack

Jason Bosley Smith

Charles Chester, Esq, *Vice Chairperson*

James Dorf

Carlos Felipe Garcia

Lillian Green Chamberlain, PhD

Larry Hughes

Surina Ann Jordan, PhD

Linda Kephart

Brenda Loube

Lee Meizlesh

Douglas Miller, MD

Jeanne Ruff

Monte Sanders

Michael Shaw

Richard Towle

Andy Vineberg

Youfa Wang, MD, PhD

## **Mission**

The mission of the Maryland State Advisory Council on Physical Fitness is to educate, advise, and encourage the citizens of Maryland to gain health benefits and enhance the quality of their lives through regular physical activity.\*

**Physical activity** is any bodily movement produced by skeletal muscles that results in an expenditure of energy.

**Physical fitness** is a measure of a person's ability to perform physical activities that require endurance, strength, or flexibility and is determined by a combination of regular activity and genetically inherited ability.

**Exercise** is physical activity that is planned or structured. It involves repetitive bodily movement done to improve or maintain one or more of the following components of physical fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition.

## **Goals**

The Council on Physical Fitness acts in an advisory capacity to the Department of Health and Mental Hygiene. The Council works collaboratively with a broad range of agencies and organizations to accomplish the following goals:

- collect and assemble physical activity-related information
- disseminate information among Maryland citizens to promote regular physical activity
- maintain liaisons with state and local agencies (e.g., education, planning and transportation) to improve opportunities for regular physical activity among all Maryland citizens

## **2009 Physical Activity Excellence Award Winners**

The council's Physical Activity Excellence award was created in 2005 as a way to showcase best practices with programs and projects in Maryland that promote physical activity. The dedication, vision, and service of these individuals and organizations have helped increase physical activity among Maryland citizens.

Recipients of the 2009 awards were honored on March 15, 2010 at the Johnny Unitas Stadium Fieldhouse at Towson University by Frances Phillips, Deputy Director of the Department of Health and Mental Hygiene. Winners were selected in the youth, adult, and older adult categories. Winners of the 2009 Physical Activity Excellence Awards Include:

### **Youth Group: Child First Authority, Inc.**

Child First Authority (CFA), a private, non-profit organization, is an after-school program that seeks to improve the quality of life in low socioeconomic status communities in Baltimore city. CFA identified the need to provide students enrolled in their after school centers a high-quality physical activity program. To address this need, CFA implemented an evidence-based program that provides a coordinated package of curriculum, training, and equipment, which has been proven effective in increasing student moderate to vigorous activity. Additionally, CFA staff receive specialized training and ongoing technical assistance to ensure that they are able to continue to promote physical activity in the after school environment. As a result of this initiative, CFA has provided Baltimore city children a safe venue and support from qualified instructors to meet the national recommendation of 60 minutes of daily physical activity for children.

### **Adult Individual: Ginger Andrews & Ron Bowman**

Ginger Andrews is a personal training director at two Maryland fitness centers. She maintains various fitness certifications and credentials. As a personal trainer, Ms. Andrews helps her clients overcome physical limitations and improve the quality of their lives through physical activity. She works with Marylanders of all ages and fitness abilities to guide and motivate them to be more physically active. As a co-worker, she encourages other trainers to continually expand their professional health and fitness knowledge. In her personal time, she has spearheaded numerous fundraising activities for statewide charities to benefit breast cancer, Crohn's and colitis and diabetes foundations by coordinating teams to participate in physical activity events such as, bike and running races.

Ron Bowman owns and operates Blue Point Race Management, Timing, and Coaching. He started this training program to coach adult runners and help them gain health benefits associated with running and fitness. Through the years, he has reached thousands of Maryland residents. Mr. Bowman often volunteers at event registration booths, serves in the role of race director, and coordinates teams for running events throughout the state. His actions demonstrate his commitment to bring new people into the sport of running and ultimately help them meet and exceed the daily recommendations for physical activity. Mr. Bowman's dedication and ability to facilitate a sense of friendship among those involved with his training programs often motivates and inspires them to "pay it forward" by encouraging others to become more physically active.

### **Adult Group: Back on my Feet Baltimore**

Back on My Feet Baltimore (BOMF) was established in 2009 and is a non-profit organization that promotes the self-sufficiency of the homeless population by engaging them in running. BOMF is a strategically structured program that uses running as a vehicle to teach critical work and life skills -- including discipline, respect, leadership, team work and goal-setting -- to individuals living in homeless shelters. Teams started running with 20 men and women living in two shelters at the Maryland Center for Veterans Education and Training (McVets) and Helping Up Mission. Prior to involvement with this program, most members of these teams lived sedentary lifestyles. However, through their participation in BOMF, members are motivated to live healthy lifestyles and report a commitment to including exercise as part of their daily lives. Members continue to train together and have completed a variety of running races.

### **Older Adult Individual: Charles Minear**

Charles Minear is a recreation specialist with the Montgomery County Department of Recreation. He has worked for the Department of Recreation for a number of years and is currently involved with the Senior Adult Program Team. Through programs such as, the Silver Sneaker Exercise Program, Active Adults Fitness Clinics, and Walk for the Health of It older adults have increased knowledge and opportunities to meet the recommended amount of daily physical activity. Through his dedication, innovation, and commitment to promoting physical activity among older adults, Mr. Minear is improving the health and fitness of seniors ages 55 and older living in Montgomery County.

### **Older Adult Group: Towson University/Baltimore County Department of Aging Senior Fitness Project**

The Senior Fitness Project is a collaborative effort of the Baltimore County Department of Aging and Towson University's College of Health Professions. This project increases the availability of physical activity opportunities for adults ages 60 and older through senior-friendly fitness centers, which are staffed by degreed exercise specialists. Upon enrollment at the centers, all participants receive a thorough orientation to the fitness center, an individualized exercise prescription, and a senior fitness test to measure their current fitness level. The fitness test is performed at routine intervals to allow participants to track progress and set future goals. Established in 2005, this project provides a safe environment for older adults to engage in daily physical activity.

**MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS**  
**MEETING SUMMARY**  
**JANUARY 24, 2011**

\*\*\*\*\*

**MEMBERS PRESENT**

Yusef Battle  
Ron Bowman (via phone)  
Charles Chester  
James Dorf  
Lillian Greene-Chamberlain (via phone)  
Rhonda Hearn-Stokes  
Surina Ann Jordan (via phone)  
Linda Kephart  
Brenda Loube (via phone)  
Monte Sanders (via phone)  
Michael Shaw (via phone)  
Richard Towle  
Andy Vineberg

**MEMBERS ABSENT**

Craig Bennett  
Jason Bosley-Smith (Excused)  
Carlos Garcia  
Larry Hughes (Excused)  
Lee Meizlesh (Excused)  
Douglas Miller  
Jeanne Ruff (Excused)  
Youfa Wang (Excused)

**STAFF PRESENT**

Erin Penniston

**DHMH**

Audrey Regan  
Steve Trageser

**GUESTS**

Lynne Brick  
Connie Stewart

**WELCOME AND INTRODUCTIONS**

Staff person Erin Penniston convened the meeting at 4:35 PM.

**MINUTE APPROVAL**

Charles Chester motioned and James Dorf seconded the approval of the November meeting minutes.

**NEW BUSINESS**

- DHMH updates include:
  - Joshua M. Sharfstein, MD has been named the Secretary of Health.  
<http://www.dhmh.state.md.us/dhmh/secwelcome.html>
- 2011 legislative and budget updates include:
  - HB 1—Education—Youth Athletes—Concussions. This bill would require county boards of education and the Maryland Public Secondary Schools Athletic Association jointly to establish guidelines and develop forms to educate individuals regarding concussions and head injury; requiring specified individuals to sign information sheets; requiring the removal of youth athletes from play under specified circumstances; prohibiting the return to play under specified circumstances; requiring youth sports programs to provide statements of compliance; etc.
  - The Maryland Out of School Time (MOST) Network is exploring a snack tax bill that would generate revenue via a “combating obesity fund” to support out of school time programs.
  - The Maryland Healthy Schools Coalition is exploring a PE/PA minutes bill similar to previously introduced legislation that would require public schools to provide students (most likely elementary school age) a certain minimum level of a program of physical activity each week (e.g. 90 minutes/week of physical education and 60 minutes/week of physical activity).
  - The recently released state budget bonded funding for stateside and local side Program Open Space.
- Review and discussion of members’ prioritization of the MAPPS Physical Activity strategies. The top 4 prioritized strategies included: Require daily quality PE in schools; Promote increased physical activity; Require daily physical activity in afterschool/childcare settings; Access to safe, attractive accessible places for activity. Additional discussion about potential initiatives for each of the 4 strategies included:

- **Require daily quality PE in schools**
  - Members discussed that the Council's role could be to provide recommendations regarding physical education in schools but decisions regarding time for specific content areas are made locally.
  - Use the speakers bureau to reach school administrators and PTA groups.
  - Use the speakers bureau to present on the benefits of physical education/physical activity to local boards of education prior to county budget hearings.
  - Promote schools application to President's Council on Fitness, Sports, & Nutrition (PCFSN) Demonstration Center Program (<http://www.presidentschallenge.org/celebrate/demonstration-centers/index.shtml>) and/or USDA's HealthierUS School Challenge (<http://www.fns.usda.gov/tn/healthierus/index.html>).
- **Promote increased physical activity**
  - Identify and promote physical activity recommendations (e.g. update Council's physical activity guidelines to be consistent with 2008 Physical Activity Guidelines for Americans.)
  - Identify and compile physical activity best practices in Maryland.
  - Give presentations through the speakers bureau.
- **Access to safe, attractive accessible places for activity**
  - Identify what agencies/organizations provide physical activity opportunities.
  - Offer Letters of Support for organizations' applications to support physical activity programs.
  - Utilize local jurisdiction Land Preservation, Parks, and Recreation Plan (LPPRP) and comprehensive plans.
  - Work within Maryland Department of Planning's Priority Funding Areas (PFAs) and Department of Natural Resources' Program Open Space to enhance school and community access to physical activity.
- **Require daily physical activity in afterschool/childcare settings**
  - Work to ensure that physical activity is included in the daily schedules of afterschool and childcare programs
  - Promote joint-use agreements

### **NEXT MEETING**

Date and Location TBD.

### **ADJOURNMENT**

The meeting was moved to adjourn at 6:30 PM.

**MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS  
DRAFT MEETING SUMMARY  
SEPTEMBER 19, 2011**

\*\*\*\*\*

**MEMBERS PRESENT**

Yusef Battle  
Ron Bowman (via phone)  
Charles Chester  
James Dorf  
Carlos Garcia (via phone)  
Lillian Greene-Chamberlain  
Rhonda Hearn-Stokes (via phone)  
Larry Hughes  
Surina Ann Jordan  
Lee Meizlesh  
Douglas Miller (via phone)  
Monte Sanders (via phone)  
Andy Vineberg (via phone)

**MEMBERS ABSENT**

Craig Bennett  
Michael Shaw (Excused)  
Jason Bosley-Smith (Excused)  
Jeanne Ruff (Excused)

**STAFF PRESENT**

Erin Penniston

**DHMH**

Audrey Regan

**WELCOME AND INTRODUCTIONS**

Staff person Erin Penniston convened the meeting at 4:45 PM.

**MINUTE APPROVAL**

James Dorf motioned and Lee Meizlesh seconded the approval of the January meeting minutes.

**UPDATES**

• **Calls with Council members**

- In lieu of a Spring meeting, Erin and Audrey facilitated individual member calls to discuss members' expertise and ideas regarding:
  - Promoting School Policies that support Physical Activity
  - Promoting Walking
  - Promoting Physical Activity Access in Planning & Community Development
- Top interest areas included walking promotion and using the speakers bureau as a vehicle to communicate school related physical activity opportunities.
- Next steps include identifying strategies that Council members can implement to move forward on these initiatives and align with other statewide Chronic Disease Prevention efforts.

• **Maryland's Chronic Disease Prevention Initiatives**

- Chronic disease prevention efforts are largely supported by Centers for Disease Control and Prevention (CDC) grants administered by the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). Prior to July 1, 2011, approximately 80% of state supported, community based chronic disease prevention activities were funded by CDC's Preventive Health and Health Services Block Grant. This program has since been eliminated, which impacts local health department capacity for chronic disease prevention activities. NCCDPHP released the Community Transformation Grant and the Coordinated Chronic Disease Program announcements in summer 2011. DHMH has been awarded the Coordinated Chronic Disease Program grant and is awaiting a response for the Community Transformation Grant. These funding announcements emphasize the Federal focus on "silo busting," coordination among programs that address chronic disease risk factors, and consolidation of funding streams. Additional information about the Community Transformation Grant is available at: <http://www.cdc.gov/communitytransformation/funds/index.htm>
- At the state level, DHMH has launched the State Health Improvement Process (SHIP) as the framework for accountability, local action, and public engagement to advance the health of

Marylanders. SHIP includes 39 measures in 6 vision areas including increasing the proportion of adults who are at a healthy weight and reducing the proportion of children and adolescents who are overweight. Additional information is available at: <http://dhmh.maryland.gov/ship/index.html>

- The Office of Chronic Disease Prevention has been moving towards a Comprehensive Chronic Disease Council in conjunction with the current Maryland Advisory Council on Heart Disease and Stroke. This Council will be the advisory committee for the Community Transformation Grant. Opportunities for including Fitness Council representation in the Chronic Disease Council were discussed. Members could contribute community based expertise and align physical activity initiatives with other statewide chronic disease prevention initiatives. A local jurisdiction that has been successful with coordination among various advisory councils was mentioned.

- **Physical Activity Excellence Awards**

- Nominations were reviewed and scored by the committee, which decided to recognize 2 youth groups, 1 adult individual, and 2 adult groups. In place of an awards ceremony, it was suggested that Council members who live in close proximity to award winners could present the awards at a group meeting, event, etc. Erin will work on the certificates and then coordinate with members who may be available to distribute the awards.

- **Council Chairperson**

- Charles Chester is willing to serve as the Council chairperson. Since a quorum was not present at the time of discussion, this topic was tabled and will be addressed in follow up communication.

## **ANNOUNCEMENTS**

- **Health and Physical Education Advisory Committee**

- Charles Chester provided updates about this Committee. The Maryland Association for Health, Physical Education, Recreation, and Dance (MAHPERD) recently released “A Report Card on The State of Physical Education, Health & Dance in Maryland Public Schools.” The report card provides an overall state grade for 11 areas based on information provided by district supervisors in 23 of the 24 local school systems. Maryland received As for wellness policies and professional development but received Fs for assessment and time. Specific jurisdictions were not assigned grades. The report card is available at: <http://www.mahperd.org/docs/ReportCard.pdf>. The next Committee meeting is October 20, 2011. Contact Charles prior to the meeting at [ChesterEsq@aol.com](mailto:ChesterEsq@aol.com) if you have topics for the advisory council to consider.

- **2011 Downtown Silver Spring Health & Fitness Expo—October 1, 2011**

- This event will be held from 11:00-4:00 on multiple levels of City Place Mall. Complimentary health screenings, natural food sampling, dance and fitness performances, fitness gurus, kids activities, over 60 health and wellness exhibits, a Fitness Makeover debut, and registration for A Healthier You Fit Kids Challenge are available. For additional information about this event contact Yusef Battle at [Yusef@FitSolution.org](mailto:Yusef@FitSolution.org)

- **Deliberations attending the U.N. High-Level Meeting on Noncommunicable Diseases were briefed by U.S. Surgeon General Regina Benjamin, US Champion athletes, and ministers of health from several Latin American nations to discuss strategies for promoting physical activity as a public health measure in various settings. Lillian Greene-Chamberlain shared this update.**

- **September is National Childhood Obesity Awareness Month <http://healthierkidsbrighterfutures.org/home/>**

- Resources and a toolkit to promote childhood obesity awareness in your community are available at the website. Worldwide Day of Play is part of the month’s activities.

- **Worldwide Day of Play—September 24, 2011**

<http://www.nick.com/thebighelp>

- Nickelodeon’s 8<sup>th</sup> annual Worldwide Day of Play will be celebrated at the Ellipse in Washington, D.C from 10-4:00. It is a daylong event dedicated to family fitness and healthy lifestyles. The President’s Council on Fitness, Sports and Nutrition is partnering on this event and many other national organizations will also be participating.

- Nickelodeon's television networks and websites will go off-air and offline from 12-3:00 p.m. (all times ET/PT) as a signal to kids and families nationwide to get up and get active.
- University of Maryland Summit on Childhood Obesity—November 15-16, 2011 <http://obesitysummit.umaryland.edu/>
  - Keynote speakers and breakout sessions will highlight evidence based and best practices for obesity prevention in early childhood, schools, communities, and workplaces.

### **NEXT MEETING**

Council members are invited to attend the next meeting of the Advisory Council on Heart Disease and Stroke on Wednesday, October 26, 2011 from 6:00-8:00 PM in Conference Room L-1 at DHMH (201 W. Preston Street, Baltimore, MD 21201). Additional details will be emailed.

### **ADJOURNMENT**

The meeting was moved to adjourn at 5:53 PM.